

**CLINICAL PSYCHOLOGY
INTERNSHIP PROGRAM**

2005-2006

**METROPOLITAN STATE
HOSPITAL**

NORWALK, CALIFORNIA

DESCRIPTION OF THE HOSPITAL

Metropolitan State Hospital is located in the suburban community of Norwalk and is approximately fifteen miles southeast of multicultural Los Angeles. Metro, as it is popularly called, is a state psychiatric facility with approximately 700 individuals who receive treatment, rehabilitation and enrichment services for their psychiatric disability.

Metro has been in operation since 1916. Fall of 2005 begins our 57th consecutive year of psychology intern training and continues our tradition of providing quality training for students interested in working with individuals with serious and persistent mental illness.

Metropolitan offers interdisciplinary treatment and rehabilitation services provided by psychologists, social workers, psychiatrists, rehabilitation therapists, psychiatric technicians and nurses. All individuals in treatment reside on locked units ranging in size from 20 to 55. Some units offer specialty services such as Acute/Admissions, Spanish and Asian languages, Adolescent, Skilled Nursing, and Forensic Treatment.

PROFESSIONAL TRAINING

The hospital is recognized as a valuable training institution for mental health professionals. There are various training programs including Nursing, Social Work, Medicine, Psychiatry, Psychology, Pharmacy, Rehabilitation Therapy, and Dietary. The hospital has a training facility, the Learning Community, which provides classes for staff, interns, community professionals and volunteers.

THE CLINICAL PSYCHOLOGY INTERNSHIP PROGRAM

The clinical psychology internship program is fully accredited by the American Psychological Association and is a member of the Association of Psychology Postdoctoral and Internship Centers. The internship year begins after the Labor Day Holiday and continues for one full year. Interns are recognized members of the Psychology Service.

The internship program is under the administrative supervision of the Chief of Psychology, who oversees the work of the Training Coordinator. Interns are directly responsible to the Psychology Training Coordinator and to their individual primary supervisors.

Psychology interns receive training and supervised experience in a wide variety of activities. These activities include: individual and group psychotherapy, cognitive

and neuropsychological assessment, cognitive remediation interventions, psychodiagnostic screening, functional behavioral assessment, consultation with other professionals, development of positive behavioral support plans, supervision of psychology volunteer students, and participation in interdisciplinary wellness and recovery planning.

Training Philosophy and Goals

The psychology internship program supports the overall mission and vision of Metropolitan State Hospital, which includes assisting people with serious and persistent psychiatric disabilities in their recovery and progress toward a better quality of life. Our aim is to train interns in the provision of evidence-based, culturally competent psychological treatment and rehabilitation. Our training model is the professional practitioner model, based on three key concepts: 1) learn by instruction and supervision; 2) learn by modeling, and 3) learn by doing. We emphasize experiential integration of learning with professional practice in a interdisciplinary setting.

Training Objectives

- 1) Develop skills in diagnosis and assessment including neuropsychological assessment, risk assessment, cognitive and behavioral assessment to assist in establishing wellness and recovery plan objectives.
- 2) Develop knowledge and skills in current evidence-based models of inpatient Treatment and rehabilitation, including psychosocial recovery, cognitive rehabilitation, and positive behavioral support.
- 3) Develop skills in providing group and individual therapy.
- 4) Develop professional identity as an ethical and responsible psychologist in training.
- 5) Develop personal and communication skills appropriate to professional practice.

By the end of the internship year each intern will be expected to perform at least at an average level in the following areas:

I. Diagnostic Skills

Diagnostic interviewing

Assessment of client strengths and weaknesses

Knowledge of cultural factors that may affect treatment and rehabilitation

Utilization of DSM-IV TR

Utilization of psychodiagnostic testing to determine diagnosis

Ability to formulate a differential diagnosis

II. Assessment and Wellness and Recovery Planning Skills

Utilization of psychodiagnostic testing instruments.

Utilization of cognitive screening instruments.

Ability to complete functional behavioral assessment and to develop

and implement positive behavioral support plans.
Psychological report writing skills
Adequacy in addressing referral questions
Appropriateness of recommendations
Adequacy in addressing treatment and rehabilitation goals and
response to treatment in progress notes
Basic neuropsychological assessment skills

III. Individual and Group Psychotherapeutic Intervention Skills

Awareness of evidence based psychotherapy models
Respect for the confidentiality of the therapeutic relationship
Promotion of constructive therapeutic interaction
Ability to facilitate communication with the individual in treatment
and rehabilitation
Ability to provide treatment and rehabilitation that is consistent with
each individual's recovery needs and readiness for change.
Sensitivity to cultural issues
Ability to conceptualize and utilize cultural factors
Ability to create a trusting environment
Ability to be authentic and genuine in therapeutic encounters
Ability to convey a sense of warmth and caring
Ability to open and close therapy sessions appropriately
Ability to terminate treatment and rehabilitation appropriately
Ability to make therapeutic interventions in a timely and appropriate
manner
Ability to conceptualize therapeutic interactions
Ability to integrate treatment techniques with own personal style
Ability to provide effective and appropriate Group treatment

IV. Professional Skills

Knowledge of ethical principles
Adherence to ethical standards
Respect for rights of individuals in treatment and rehabilitation
Respect for cultural differences
Recognition of own limitations and areas of weaknesses
Participation in and relevant contributions to training seminars
Participation in and relevant contributions to staff meetings,
interdisciplinary team meetings and case conferences
Responsibility regarding time commitments (i.e., attendance,
punctuality, meeting deadlines)
Representation of professional qualifications to the person receiving
Treatment and rehabilitation
Ability to take an active interest in own professional development
Ability to learn from experience
Use of professional terminology
Appropriate use of referral/consultation resources

Utilization of available hospital resources, such as the staff library, in support of professional efforts
Adherence to hospital and psychology staff policies and procedures
Adherence to mental health laws and Patient's Rights

V. Interpersonal & Communication Skills

Ability to form positive professional relationships with fellow interns
Ability to form positive professional relationships with staff
Ability to seek out hospital personnel for assistance
Clarity of verbal communication
Understanding of own personality, culture and biases, and the impact of his/her behavior on others
Clarity of written communication

Intern Didactic Training

Didactic training will be provided by primary supervisors in rotation assignments, in addition to the training provided by interdisciplinary staff and others in student group and hospital wide programming. Interns will receive training during their first two rotations in Positive Behavioral Support, Psychosocial Recovery Models, Behavioral Interventions, Cognitive remediation, and Assessment with a specific focus on the use of Neuropsychological Measures with individuals who are seriously and persistently mentally ill.

The interns will attend a two-hour group supervision each week. This supervision includes a focus on the application of didactic material to evidence based and biopsychosocial recovery-oriented treatment and rehabilitation for the population at our hospital. Interns will have the opportunity to present cases, discuss current research, and participate in seminars throughout the year. Past didactic topics have included: Schizophrenia, Bipolar Disorder, Major Depressive Disorder, Personality Disorders, Substance Abuse/Dual Diagnosis, Differential Diagnosis, Functional Assessment, Cultural Diversity, Social Skills Training, Group Therapy Techniques, Behavioral Treatment Planning, Cognitive Behavioral Techniques, Family Education, Multiple Family Psychoeducation Groups, Neuropsychological Screening, Research Instruments, Forensic Issues, Forensic Assessment, Criminal Responsibility/Competency, Competency Restoration, Sex Offender Treatment, Violent Offenders, Court Testimony, Ethics, and Assessment of Dangerousness and Suicidality, California Legal Statutes, Psychopharmacology, and Assessment and Report Writing Skills.

Interns receive training in the practice of supervision and provide supervision for student volunteers completing fieldwork assignments at MSH.

Interns attend additional in-service training and grand rounds, interdisciplinary case conferences, and continuing medical education on a variety of topics as part of Psychology's Continuing Education Program. There are also other

multidisciplinary training activities (satellite broadcasts, program specific training, and guest speaker presentations) throughout the year, available to interns. Interns may also attend off-site training upon request and when appropriate.

In addition to the Interns' clinical didactic training, as new employees, interns are required to attend a week-long new employee orientation. The topics covered are: Overview of MSH Policies and Procedures, Preventive Management of Assaultive Behavior, Suicide Prevention, Cultural Competence, Patients Rights, Health and Safety Issues, Civil Rights, Cardiopulmonary Resuscitation (CPR) Course, Employee Assistance Program, Infection Control, HIPPA/Confidentiality and Health Information Management (Medical Records), Forensic Services, Recovery Philosophy, BY CHOICE incentive program approaches, and Personnel Services. Representatives from the departments that provide the service deliver these presentations. The presentations are specific to hospital procedure and administrative directives and attended by all new employees (psychologists, administrative assistants, groundskeepers, physicians, etc.).

Supervision

Licensed Psychologists provide all primary and delegated supervision. A minimum of two hours of individual supervision is provided per week. Each supervisor has a designated back-up supervisor in case of illness or vacation. In addition to the individual supervision, interns participate in two hours of group supervision per week with the Psychology Internship Coordinator; receive supervision of their supervision; and have access to staff psychologists who act as mentors and liaisons to various treatment teams, individuals in treatment and rehabilitation, and are co-providers with interns of group treatment.

Evaluations of interns take place at mid-rotations and at the end of each of the three rotations. These evaluations are sent to the individual's school upon request. Interns are required to evaluate their supervisors, the didactic presentations, and the total internship program experience. There is a formal grievance procedure in place.

Intern Resources

Interns have their own office space and have access to computers at the Learning Community. There is a dictation system that is also available for intern use. The hospital has its own library which is a source of clinical and dissertation information.

Intern Rotations

Interns have the opportunity to take part in three, 4-month rotations at MSH. These rotations include Neuropsychological Assessment, the Positive Behavioral Support

Team, and the Developmental Cognitive Abilities Team, including Cognitive Remediation treatment, or a Unit based rotation.

Interns also participate throughout the year in the psychosocial treatment malls by providing six hours per week of treatment and rehabilitation services in groups in one or more of the five treatment malls.

Each intern will receive referrals through the training coordinator for provision of on-going individual therapy. Each intern is expected to provide individual therapy for a minimum of two individuals throughout the year.

From November through August, interns also have the experience of acting in a supervisory role by providing supervision for psychology students who volunteer to complete fieldwork assignments here at the hospital.

Neuropsychological Service Rotation

Many individuals in treatment and rehabilitation at Metro have brain damage due to acquired or congenital factors. Some of the causes include: history of severe substance abuse, head trauma, cerebrovascular injury, seizure disorder, disorders associated with aging (dementia), and learning disabilities. The Neuropsychology Service aims to provide these individuals with various services that include neuropsychological assessment, consultation to treatment teams regarding cognitive functioning, and cognitive rehabilitation. In addition, the Neuropsychology Service offers consultation and training to staff psychologists in the area of cognitive assessment.

Interns participating in a rotation with the Neuropsychology Service have the opportunity to develop their skills in appropriately addressing referral questions and administering, scoring, and interpreting neuropsychological tests. Interns will be trained in making appropriate recommendations for the diagnosis that is obtained through testing. Interns may also participate in cognitive rehabilitation interventions and treatment.

Positive Behavior Support Team Rotation

Interns will spend four months working with either the adolescent or adult Positive Behavioral Support Team (PBST).

Positive Behavior Support (PBS) involves the application of the principles of applied behavior analysis and functional assessment to help determine the antecedents or motivation of a variety of behaviors to facilitate intervention planning designed to enable the individual to gain better control of these behaviors. This change is then achieved through such means as the teaching of alternative social and coping skills and the modification of environmental influences. A major task of the PBS Team is to consult and work directly with treatment teams to aid in the assessment and

treatment planning for various individuals with severe challenging behavior. The PBS Teams also work closely on many of these cases with the hospital's Behavior Consultation Committee, chaired by the Chiefs of Psychiatry and Psychology, other members in attendance include discipline chiefs and senior staff, pharmacists, and members of administration. In addition, PBS Teams provide extensive inservice training for all staff on the principles and applications of positive behavior support.

Involvement with a PBS team presents the intern with an excellent opportunity to receive experience in providing consultation as well as intensive training with a variety of populations in the more specialized area of behavioral assessment and intervention planning.

Third Rotation

Specific rotation assignments for the third rotation are based on learning needs, and availability of supervisors and resources at the hospital to provide additional specialized training.

Some Interns may work with the Developmental and Cognitive Abilities Team to provide assessment and treatment planning for individuals with disorders affecting cognitive functioning, including: pervasive developmental disorders, mental retardation, learning disorders, communication disorders, borderline intellectual functioning, seizure and other related convulsive disorders, dementias, and other disorders that adversely affect an individuals cognitive functioning. The Developmental Cognitive Abilities Team consists of a Psychologist who will supervise the work of the interns, a Social Worker, a Registered Nurse, a Psychiatric Technician, and a Data Analyst. The team provides consultation and training for hospital staff as well as assessment, record review, and treatment planning.

Another option is a unit-based rotation in which interns would have the opportunity to work on a treatment unit and participate, under the supervision of a unit psychologist, in interdisciplinary treatment planning, assessment, and coordination and implementation of psychological treatment as part of the treatment team.

Program Descriptions

The hospital is organized into four treatment programs. All programs have designated treatment and rehabilitation areas or "Malls" where individualized treatment, rehabilitation and enrichment services are provided in groups based on each individual's focus of hospitalization. The program emphasizes the use of empirically validated methods of intervention for a broad range of individuals experiencing developmental, behavioral, psychological, and psychiatric challenges.

The Psychosocial Rehabilitation Malls for adults offer individuals an array of groups and activities encompassing social and independent living skills, recreational and vocational opportunities, and psychotherapeutic programming for a minimum of four hours each weekday. The Adolescent Program Mall provides two hours of

group treatment and rehabilitation each day, in addition to a daily academic program. The overarching goal of the Treatment Malls is to provide an environment for recovery and equip individuals with the skills they will need to make a successful transition to a more facilitative environment available to them.

Program I:

Program I is divided into two segments.

- 1) The Adolescent Program provides mental health treatment and rehabilitation to adolescents from ages 11 through 17 who have severe psychiatric and behavioral problems.
- 2) The adult program provides treatment and rehabilitation for civilly committed co-ed adults in two locked residential units. These residents frequently have symptoms of both Axis I and Axis II diagnoses and are at high risk for danger to themselves or others. One of these Units is also an admissions Unit for jail patients who are briefly placed at the hospital for short term assessment and initial treatment planning.

Program III:

Program III is a forensic program dedicated to treating an adult male population in the pre- and post-adjudication phases of court involvement related to three penal codes:

- 1) Those who are Guilty but Not Guilty by Reason of Insanity (PC 1026)
- 2) Those found to be Incompetent to Stand Trial (PC 1370)
- 3) Those who are designated as Mentally Disordered Offenders.

Treatment and rehabilitation includes stabilization and recovery of ability to deal with the court system and charges against them before return to court or placement through the Conditional Release Program (CONREP).

Program V:

Program V provides services for individuals pursuant to the following penal codes:

- 1) PC 1370 Incompetent to Stand Trial
These individuals are evaluated with regard to their baseline level of understanding with respect to court competency. The goal of treatment and rehabilitation for these individuals is restoration of competency and treatment for their mental illness.
- 2) PC 1026 Not Guilty by Reason of Insanity (NGRI)
These individuals must demonstrate restoration of sanity before a recommendation is made to the Conditional Release Program (CONREP).
- 3) PC 2974 (Parolees) and PC 2962 (Mentally Disordered Offender)
For parolees and mentally disordered offenders treatment and rehabilitation Includes stabilization, followed by community placement or CONREP referrals.
- 4) PC 1756 California Youth Authority.
For those individuals admitted under PC 1756, stabilization of the condition

for which they were admitted is the primary treatment and rehabilitation goal.

Program VI:

Program VI includes:

- 1) An adult, co-ed, multicultural unit where the hospital provides culturally sensitive treatment and rehabilitation services in Spanish and Asian languages.**
- 2) Two units licensed as a Skilled Nursing Facility for adult co-ed residents who are seriously mentally ill as well as physically disabled. Residents may represent any of the range of civil and penal code commitments found at MSH.**
- 3) Two units for civilly committed adult males with severe cognitive and psychiatric disabilities.**

Intern Selection Procedures

Pre-doctoral internship positions are offered for students who are enrolled in an APA approved Doctoral Program in Clinical or Counseling Psychology, who have completed graduate course work in psychotherapy and assessment, and have met their school's prerequisites for internship eligibility.

Interns are selected on a competitive basis determined by their educational and training experiences and by their expressed interest and fit with the mission of Metropolitan State Hospital Psychology Services. The following areas are considered in evaluating an applicant:

- 1) Interest in working with an inpatient psychiatric population.**
- 2) Prior experience working with individuals with a serious mental illness. Prior inpatient experience.**
- 3) Background in psychological and neuropsychological testing.**
- 4) Prior field placement experience.**
- 5) Undergraduate and graduate psychology background.**
- 6) Flexibility in orientation**
- 7) Background and interest in recovery, biopsychosocial, and positive behavioral support methods and interventions.**
- 8) Prior group therapy experience**
- 9) Prior experience with people who are racially and culturally diverse.**
- 10) Knowledge of psychopathology.**
- 11) Evidence of initiative, eagerness to learn and ability to constructively integrate new learning and feedback.**
- 12) An ability to work cooperatively with a multidisciplinary team.**

Applicants must submit:

- 1) APPIC application**
- 2) State of California application form**
- 3) Copy of their vita**

- 4) One de-identified sample psychological test report
- 5) Three letters of recommendation (preferably one coming from current placement supervisor)
- 6) Graduate transcripts

Upon receipt, the Psychology Training Coordinator reviews the materials to determine whether the application meets basic criteria. Members of our Intern Advisory Committee will then rate applications that meet basic criteria. The top percentage of applicants, based on these ratings, will be invited for an interview. Typically we conduct about 30 interviews. Interviews will be scheduled for the winter of 2006. After the interview, all the information is compiled, evaluated, and then the applicants are rank ordered. The APPIC matching process is followed.

Appointments

At the present time there are four full time 12-month positions available. The current stipend, for interns who have completed graduate comprehensive exams, ranges from \$36,276 per year to \$41,268 per year. Salary level depends on qualifications that are set by the State of California. Interns receive the same benefits as other state employees, including health benefits, 2 weeks vacation, and 11 holidays per year. Prior to beginning employment, interns are required to complete the same health and background screening procedures as all other state hospital employees. These screenings include a fingerprint scan and drug testing.

Applications

Applications can be submitted at any time for review per State of California regulations. Completed APPIC applications and all supporting material must be received by the Training Coordinator by November 15, 2005 to be considered for the following year's intern class. State of California laws and regulations regarding hiring requirements and hiring practices are followed.

This internship site agrees to abide by the APPIC policy that no person at this training facility will solicit, accept or use any ranking-related information from any intern applicant. This training program observes the guidelines and deadlines regarding notification of internship offers adopted by the Association of Postdoctoral and Psychology Internship Centers (APPIC).

Metropolitan State Hospital is an equal opportunity employer. Minorities are strongly encouraged to apply. It is also the policy of the hospital to make reasonable accommodation to the known physical/and or mental limitations of applicants and employees. As noted above, interns are both members of the Psychology Service and State employees. As such, interns are covered by a formal grievance procedure.

Current Supervisor Listing:

Kathleen Fitzpatrick, Ph.D.	Training Coordinator
Swati Roy, Ph.D.	Chief of Psychology
Katie Twohy, Ph.D.	Senior Psychologist
Yih-Jia Chang, Ph.D.	Forensics
Richard Ettelson, Ph.D.	Forensics
Gamze Gurbuz, Ph.D.	Forensics
Mark Hume, Ph.D.	Forensics
Matthew Jorgensen, Ph.D.	Adolescent PBS Team
Tulin Ozkaragoz, Ph.D.	Neuropsychology
Edwin Poon, Ph.D.	Neuropsychology
Gordon Rose, Ph.D.	Adult PBS and Developmental Abilities Teams

You may contact the Training Coordinator at the following address:

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Email or letters are preferred.

Thank you very much for your interest in our training site!